

## Benefits of At-risk Afterschool Meals

Afterschool programs that serve meals and snacks draw children and teenagers into constructive activities that are safe, fun and filled with opportunities for learning. These healthy meals and snacks give children the nutrition they need to learn and grow. These programs serve children who may not have the opportunity to eat anywhere else. At-risk afterschool meals benefit children, their families and the community.



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[www.sde.ct.gov/sde/atriskafterschoolmeals](http://www.sde.ct.gov/sde/atriskafterschoolmeals)

## Connecticut State Department of Education (CSDE)

# At-risk Afterschool Meals

**in the Child and Adult Care  
Food Program (CACFP)**



**Suppers and Snacks**

# Supporting Children's Basic Needs

## At-risk Meals

Afterschool programs that participate in the Child and Adult Care Food Program (CACFP) receive U.S. Department of Agriculture (USDA) reimbursement for meals and snacks served to eligible children. For information in the current reimbursement rates, see the USDA's CACFP [Reimbursement Rates](#) Web page.

Schools and organizations that participate in the CACFP provide free meals and snacks to at-risk students ages 18 and under who are enrolled in the afterschool program. Meals are served after the school day **only during the school year**, which may include weekends, holidays and breaks. Longer programs may be eligible to provide both snack and

## Serving Healthy Meals

Meals must meet the CACFP meal pattern for supper, which includes the following components:

- 1 serving of milk
- 2 servings fruits/vegetables
- 1 serving of grains
- 1 serving of meat/meat alternate

Meals may be served hot or cold and can be as simple as a tuna sandwich with carrot sticks, an apple and milk. For more information, see the [CACFP meal pattern](#).



## More Information

The CSDE CACFP staff can provide technical assistance on the CACFP at-risk meals application process and requirements. For more information, contact:

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## Is Your Program Eligible?

Eligible programs must:

- be located at sites where at least half of the children in the school attendance area are eligible for free and reduced-price school meals;
- offer educational or enrichment activities, after the regular school day ends or on weekends and holidays, during times of the year when school is in session;
- meet licensing, health or safety codes required by state or local law; and
- serve free nutritionally balanced meals and snacks that meet USDA's nutrition standards.

While physical activity is encouraged, sports teams that limit membership for reasons other than space, security or licensing are not eligible.

